

## Instructions for Before and After Carpal Tunnel Repair

**What to expect:** You may expect to have soreness, bruising and swelling for several weeks. You may notice drainage on the dressings for a few days.

**\*IMPORTANT\*:** If you are currently taking any type of birth control, the antibiotics given during and after surgery may interfere with the effects of birth control. You should use a second method for one month post-surgery.

**SIX WEEKS BEFORE SURGERY:** Your surgeon may request you abstain from smoking and all tobacco/nicotine products for 6 weeks before and 6 weeks after surgery. Failure to abstain from tobacco/nicotine may result in your surgery being postponed or canceled as this complicates the healing process.

**TWO WEEKS BEFORE SURGERY:** Discontinue Aspirin and Aspirin-like products, ibuprofen (Motrin/Advil), Naprosyn (Aleve), Vitamin E, Omega-3, Omega-6, Flaxseed Oil, weight loss supplements (both over the counter and prescription) and certain herbs like Ginko Biloba, St. John's Wort, and Ephedra. Have other vitamins or herbs cleared with our office. You may take Tylenol (acetaminophen), as directed, at any time prior to surgery.

**DAY OF SURGERY:** Do not eat or drink anything after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

### **AFTER SURGERY CARE:**

- Your greatest discomfort usually occurs the first 24-48 hours after surgery. During this time, take all medications prescribed by your surgeon as directed. It is helpful to take pain medication with bland food to avoid nausea, which may occur if taken on an empty stomach.
- Contact the office before taking any Aspirin, ibuprofen (Motrin/Advil) or Aspirin-like medications. You may take Tylenol, if you are not taking a pain medicine that already contains Tylenol (acetaminophen), such as Percocet (oxycodone) or Norco (hydrocodone).
- Eat easily digestible foods such as Jell-O, ginger ale or soups. These are tolerated well the first 24 hours after surgery. If you are not experiencing nausea, you may resume a normal diet.
- Drink plenty of non-caffeinated beverages and eat fruit and food high in fiber to avoid constipation. Should constipation occur, discontinue pain medication (if tolerated). For relief, you may try magnesium citrate (purchased at your local pharmacy) or prune juice. It may take up to 24 hours to produce a bowel movement. These treatments may be repeated as needed.

### **AFTER SURGERY ACTIVITY AND HYGIENE INSTRUCTIONS:**

- Avoid vigorous activities that require pushing, pulling and/or lifting heavy objects - no lifting over 10-15lb. until cleared by your surgeon.
- Do not do any repetitive hand movements (i.e. typing).

- When at home, you may need to take frequent rest periods, however, walking is important to prevent clots from forming in your legs. As you increase your activity, let comfort be your guide. If it hurts, don't do it.
- Keep the dressing clean and dry until your post op visit. You may cover it with a plastic bag to shower. Should your dressing become excessively soiled or wet, you may contact our office to come in and have it re-wrapped.
- While taking pain medicine, have someone assist you with daily activities, particularly personal hygiene.
- Check with your surgeon before returning to work, particularly if your job requires heavy lifting or vigorous activity.
- You may drive if you have not taken pain medicine in 24 hours or more. If you have pain with range of motion, you may choose to have a driver until you have good range of motion without pain.
- Do not smoke for 6 weeks as smoking delays the healing process.

#### **WOUND CARE:**

- You will have a bulky dressing on the operative hand. Leave this dressing on until your follow up with your surgeon or you may call the office for further care instructions. If the dressing comes off prior to your follow up appointment, please contact our office for further instructions.
- **DO NOT PUT ANYTHING ON YOUR INCISIONS UNLESS INSTRUCTED BY YOUR SURGEON!**

#### **NOTIFY YOUR SURGEON IF:**

- You have a fever greater than 101 that lasts more than 24 hours.
- You develop excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to pain medication.
- You develop thick, odorous drainage or bleeding that does not subside.
- You experience shortness of breath.

If you have concerns after hours, contact our office at 417-875-3246 and an operator will page the on-call surgeon for you.